

Thomas L.

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Team Member Since: 2012

Hobbies and Achievements

- NPC Men's Physique Competitor
- Competitive Sports
- Long Distance Running/ Hiking
- 2012 NPC Pacific USA 5th Place Men's Physique Class D



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Club ID: 888